

# GOLF **4** FITNESS

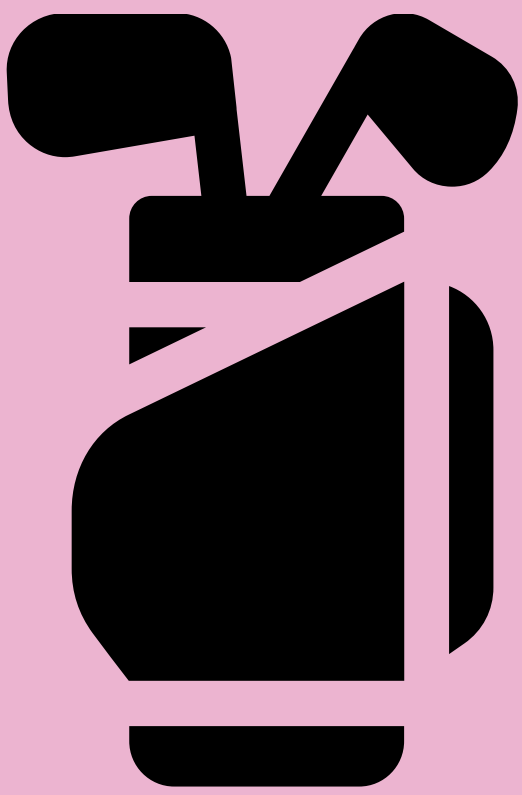
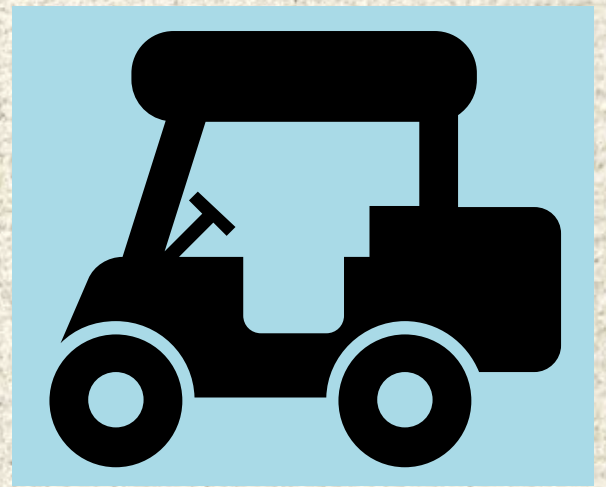


AN 18 HOLE ROUND IS  
COMPARABLE TO A:

**5 MILE WALK**

EVEN RIDING A BUGGY  
FOR 18 HOLES BURNS:

**411 CALORIES**



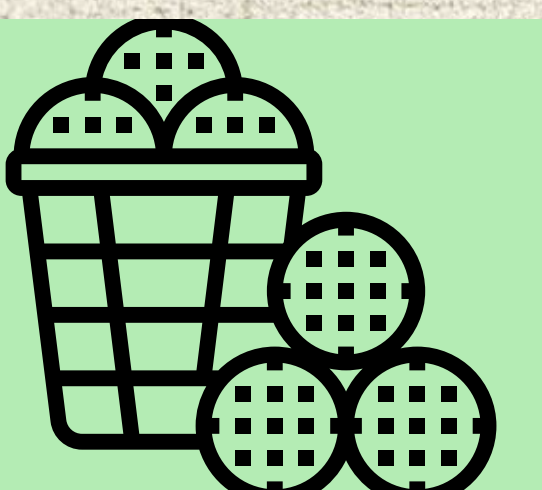
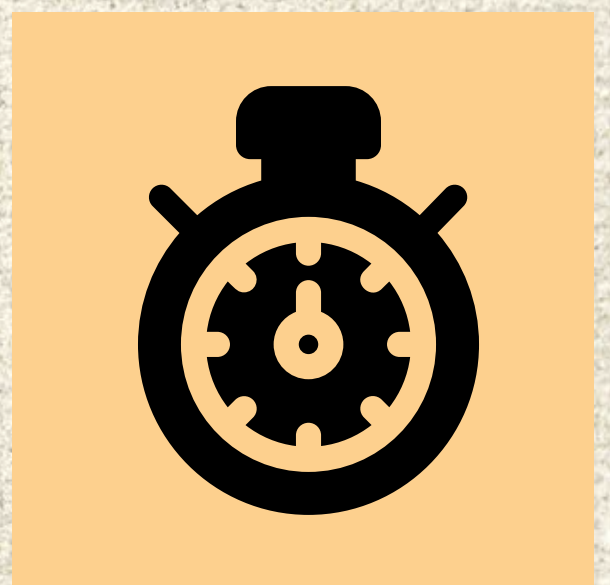
GOLFING AN 18 HOLE  
COURSE WHILE  
CARRYING YOUR BAG  
BURNS:

**721 CALORIES**

ONE 18 HOLE ROUND  
HAS THE SAME HEALTH  
BENEFITS AS A

**45 MINUTE**

FITNESS CLASS



ON AVERAGE YOU BURN

**200 CALORIES**

PER HOUR AT THE  
DRIVING RANGE